



Christmas Letter 2019 to the Friends of Life Support Foundation

Outside the windows, in the Stockholm darkness well into December, the persistent rain has turned into a light snowfall. As 2019 draws to a close, the time has come to summarize another Life Support Foundation year in our annual Christmas Letter. Throughout the year, your invaluable support has contributed to spreading knowledge and saving lives in low-income countries and building international collaborations, through staff exchanges, training courses, research, teaching and much more.

These efforts are described in a condensed form below, but first, we would like to present a few chosen activities and developments within Life Support Foundation during 2019.

The Malawi Working Group has been developed in a fantastic way in 2019. The Group, formed by Raphael Kazidule and Thomson Mbewe after their exchange visit to Stockholm in August 2018, now has a Board and carries out a host of great activities based on a 2019 action plan. The Swedish Board of Life Support Foundation has been extremely impressed by the Group's energy, as well as the high quality and wide scope of the well-balanced activities.



Among other things, a tradition of seminars and meetings for sharing experiences at Queen Elizabeth Central Hospital (QECH) in Blantyre has been maintained. They organised the Critical Care Workshop carried out by Andreas Hvarfner and Ulrika Storbäck, together with local staff, for 60 doctors and nurses from all over the country in March. They have expanded Life Support Foundation's reach in Malawi to Kamuzu Central Hospital in Lilongwe where two workshops supported by Life Support Foundation have been conducted, followed up locally by the Malawi Working Group.

The Group sent two intensive care nurses, Zion Banda and Beatrice Maulidi, to Karolinska University Hospital in Stockholm for a two-week exchange visit in August. Thanks to great engagement from staff in the intensive care units, the experience was very rewarding, and the nurses returned home with clear ideas for feasible improvements to the ICU in QECH. We look forward to following the development of this process, as well as the other efforts launched this year and in the future, through the Malawi Working Group.



In early November, Life Support Foundation arranged a **training course in obstetric anaesthesia** at Muhimbili National Hospital in Dar es Salaam. This time, the Swedish team started with a "training of trainers" course for six Tanzanian colleagues. They, in turn, carried out the training of more than 50

medical professionals, supported by the Swedish team. Some of you are sponsoring the Resident training in Anaesthesia and Intensive Care of Rodgers Swai. As expected, he delivered a stellar teaching effort, together with the other members of the team. The success of the Training-of-trainers approach will enable courses to be taught with less involvement of Swedish staff, paving the way for more cost-effective training, as travel and lodging make up the largest share of costs.



A father ans his newborn. Photo: Olle Nordell

Zanzibar. Due to the incorporation of ZEP, Pelle Conradi, anesthesiologist at Danderyd Hospital in Stockholm, was elected to the Board. Dr. Conradi worked at Mnazi Mmoja in 2010 and has stayed in touch ever since.

Perhaps the single greatest development at Life Support Foundation this year is the inclusion under the Life Support umbrella of the **Zanzibar Project at Mnazi Mmoja Hospital** as our Zanzibar Endorsed Project (ZEP). Under this arrangement, Swedish anaesthesiologists and residents nearing the conclusion of their training spend two or three months at the hospital, following a few weeks of introduction by a ZEP physician who has long experience at the hospital. This ensures continuity with great potential for mutual learning and exchange of experience. At the same time, there is an opportunity for spreading Life Support Foundation's work wider in Tanzania, as well as possible synergies. For example, Khamis Wazir, a driving force at the Mnazi Mmoja Hospital, participated in the Dar es Salaam course in November, sparking an interest in setting up similar courses in



Yussuf and Pelle Conradi

We, the board of directors, hope that all friends of Life Support Foundation and other supporters will feel proud of what you have contributed to. We would like to extend our very warmest thanks to all of you who support our work. We also hope that you would like to keep supporting us and help us reach even more donors. Whenever someone around you runs dry of ideas for Christmas gifts, please mention Life Support Foundation.

The Board of Life Support Foundation wishes you

A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Prof Claes Frostell MD PhD, Dr Tim Baker MB ChB PhD, Associate Prof Lars Irestedt MD PhD, Dr Henrik Jörnvall MD PhD, Dr Pelle Conradi MD and Lott Törngren

Life Support Foundation Log Book of activities 2019

SWEDEN / GLOBAL

- Public meeting in November with information about ZEP and Life Support Foundation's activities
- New Board member – Per Conradi
- Initiation of the global “Essential Emergency and Critical Care” project focusing on the care that all critically ill patients should receive in all hospitals in the world
- Data for the research project “CRISPOS” – Critical Illness and Sepsis Prevalence and Outcome Study – collected in Malawi, Sweden and Sri Lanka

TANZANIA

- Sponsorship of Rodgers Swai, Resident in Anaesthesia and Intensive Care
- SATA National Anaesthesia Conference in May – Tim and Henrik held lectures and carried out workshops
- Zanzibar Endorsed Project (ZEP) started
- Sponsorship of a four-year anaesthesia training for Ally Malik, nurse at Mnazi Mmoja Hospital in Zanzibar
- Training-of-Trainers and Obstetric Anaesthesia course at Muhimbili in November
- Planning for “PLASCA” study undertaken - Predictors of a low Apgar score in neonates born by caesarean section in Amana Hospital, Dar es Salaam.

MALAWI

- Development of the Malawi Working Group
- Tim's clinical work in ICU at QECH
- QECH ICU Nursing handbook published and distributed
- Weekly seminars held in ICU at QECH
- Ziona Beatrice and Beatrice Maludi exchange visit to Stockholm in August
- Ziona Banda completed her Masters organised by Life Support Foundation and sponsored by EDUF
- Support for quality improvement projects in Anaesthesia and Intensive care at QECH – Morbidity and Mortality meetings and Journal Clubs
- Critical Care Workshop conducted at QECH
- Andreas Hvarfner and Ulrica Storbacka exchange visit to Malawi
- Support for Rose Kapenda, Anaesthetic Clinical Officer in Malawi, to attend the Ugandan Anaesthesia Conference
- Two Workshops in Critical Care in Lilongwe
- Anaesthesia Equipment training
- Quality conference presentations and posters

- Tim Baker held lectures and other teaching for medical students, nursing students and hospital staff
- Raphael Kazidule, ICU nurse, started a Masters in Epidemiology, organised by Life Support Foundation and sponsored by EDUF

Publications with Life Support Foundation as sponsoring or participating organisation

1. Engdahl Mtango S, Lugazia E, Baker U, Johansson Y, Baker T. *Referral and admission to intensive care: a qualitative study of doctors' practices in a Tanzanian university hospital*. PLoS ONE 2019; 14(10): e0224355.
2. Kayambankadzanja R K, Schell C O, Nsanjama G, Mbingwani S, Mndolo S K, Rylance J, Baker T. *Vital Signs Directed Therapy for the critically ill: improved adherence to the treatment protocol two years after implementation in an intensive care unit in Tanzania*. Emerg Med Int 2019; July 7, Article ID 6586891.
3. Kayambankadzanja RK, Schell CO, Namboya F, Phiri T, Banda-Katha G, Mndolo S K, Bauleni A, Castegren M, Baker T. *The prevalence and outcomes of sepsis in adult patients in two hospitals in Malawi*. Am J Trop Med Hyg 2019 *In press*
4. Kayambankadzanja RK, Schell CO, Nsanjama G, Mbingwani I, Kwazizira Mndolo S, Rylance J, Baker T. *Inability to walk predicts death among adult patients in hospitals in Malawi*. Emerg Med Int. 2019 Jul 7; 2019:6586891.
5. Ngwalangwa F, Phiri CHA, Dube Q, Langton J, Hildenwall H, Baker T. Risk factors for mortality in severely ill children admitted to a tertiary referral hospital in Malawi. Am J Trop Med Hyg. 2019 Sept;101(3): 670-675.